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Socialization of Drug Abuse Prevention for Students Middle School

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Abstract

Introduction: *Drug abuse among adolescents is a serious issue that endangers the future of the young generation in Indonesia, including in Maluku. Students are vulnerable targets due to curiosity, peer influence, and lack of awareness of the dangers of drugs.*
Purposes of The Devotion: *This article aims to increase the understanding of students at SMP Kristen Kalam Kudus Ambon regarding the dangers, impacts, and prevention efforts against drug abuse.*
Method of The Devotion: *The activity was carried out in the form of a lecture-based counseling session, accompanied by interactive discussions and questions and answers between presenters and students.*
Results Main Findings of the Devotion: *The results showed that students gained better knowledge about the dangers of drugs for health, social life, and academic performance. Students were able to identify preventive measures and were motivated to spread antidrug messages within their peer groups. In addition, the activity fostered critical awareness, improved communication between students and teachers regarding drugrelated issues, and encouraged the school to plan follow-up prevention programs.*

Keywords: Drugs; Prevention; Students; Counseling.

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INTRODUCTION

Drug abuse remains a serious social problem in Indonesia and continues to increase annually. According to 2023 data from the National Narcotics Agency (BNN), the number of drug abusers among students reached more than 312,000 nationwide, with a significant increase in eastern Indonesia. In Maluku Province alone, the BNN reported 19 drug abuse cases in 2023 with 21 suspects, most of whom were of productive age and had secondary education. This phenomenon indicates that students are a vulnerable group to the effects of drug abuse, which can damage the physical, mental, and moral health of the younger generation.[1]

Drug abuse among adolescents has complex impacts. From a health perspective, the use of addictive substances causes nervous system disorders, organ damage, and decreased concentration in learning.[1] The social impacts are also broad. Students involved in drug abuse tend to experience moral degradation, lose motivation to learn, and are vulnerable to

[1] Kementerian Kesehatan Republik Indonesia, *Profil Kesehatan Indonesia Tahun 2023* (Jakarta: Kemenkes RI, 2024).

deviant behavior.[2] According to research, drug prevention among students is more effective when carried out through educational approaches and socialization in the school environment because it can strengthen moral awareness and character.[3]

Various previous studies and community service programs have demonstrated the importance of early education for students in building resilience against drugs. For example, the National Narcotics Agency (BNN)'s P4GN (Prevention and Eradication of Drug Abuse and Illicit Trafficking) outreach program in several schools in Maluku has successfully increased students' understanding of the dangers of drugs and the importance of a healthy lifestyle.[4]

However, prevention efforts at the junior high school level are still limited and have not yet reached all educational areas, particularly private schools in downtown Ambon. Based on these problems, counseling activities on the dangers, impacts, and prevention of drugs for students of Ambon Kalam Kudus Christian Middle School were carried out as an educational effort to increase students' awareness and knowledge about the dangers of drugs and encourage the school's active role in creating a clean and healthy learning environment free from drugs.

Based on these issues, counseling activities on the dangers, impacts, and prevention of drugs for students of the Holy Word Christian Middle School in Ambon were carried out as part of the Community Service Program (KKN) of Pattimura University Batch LII Wave I, which was placed at the Indonesian Red Cross Command Post in Ambon City. This activity aims to provide legal and social education for students to increase awareness and knowledge about the dangers of drugs and encourage the active role of schools in creating a clean and healthy learning environment free from drug abuse.

METHOD OF THE DEVOTION

The method used in this community service activity was legal education for the community through outreach and interactive discussions within the school environment. The activity took place on October 28, 2025, at Kristen Kalam Kudus Middle School in Ambon, with 60 ninth-grade students participating, accompanied by school staff. The activity stages include three main parts. First, preparation, which includes coordination with schools, preparation of counseling materials, and collection of supporting data regarding drug abuse cases among students in Maluku. Second, implementation, in the form of delivering material using lecture methods, showing educational videos, and question and answer sessions to explore students' perceptions and experiences regarding the dangers of drugs. The counseling materials cover three main topics: (1) introduction to the types and impacts of drugs on health and the law, (2) factors causing students to fall into drug abuse, and (3) preventive measures in the school and family environment. Third, evaluation, carried out through direct observation of student enthusiasm and oral reflection at the end of the activity to assess the level of participant understanding. This approach was chosen because it can directly instill legal and moral awareness values through two-way

[2] Muhammad Yudhistira, "Dampak Sosial Penyalahgunaan Narkoba di Kalangan Pelajar," *Jurnal Sosial Humaniora Indonesia* 5, no. 3 (2024): 201–213.

[3] Rizky Rinaldi, "Strategi Pendidikan Pencegahan Narkoba di Kalangan Pelajar Melalui Program Sekolah Bersih Narkoba," *Jurnal Pendidikan Karakter* 14, no. 2 (2023): 88–97.

[4] Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi, *Panduan Sekolah Sehat dan Bebas Narkoba* (Jakarta: Kemendikbudristek, 2022).

interaction between the resource person and participants. By emphasizing participatory methods, students are expected to not only understand the dangers of drugs but also be encouraged to become agents of prevention in their respective schools.

RESULTS AND DISCUSSION

A. Drug Abuse Among Students: General Study and Conditions in Maluku

Drug abuse in Indonesia remains a serious threat to the future of the younger generation. According to the 2023 Indonesia Drugs Report by the National Narcotics Agency (BNN), the prevalence of drug abuse shows varying trends across age groups. In 2023, the 15–24 age group recorded a prevalence of "ever use" of 1.97% and "year use" of 1.81%. These figures are slightly higher in urban areas than in rural areas. Meanwhile, the 25–49 age group recorded the highest "ever use" rate, at 2.42%, and "year use" of 1.81%. For the 50–64 age group, the prevalence is lower, with "ever use" at 1.89% and "year use" at 1.46%. These data indicate that drug abuse remains most prevalent among those of productive age, particularly in urban areas.[5]



Figure 1. Prevalence Rates in 2023 by Age Group.

Legally, drug abuse is regulated in Law Number 35 of 2009 concerning Narcotics, which stipulates that everyone is prohibited from using, storing, or distributing narcotics without official permission.[6] However, in practice, law enforcement is often ineffective in preventing abuse among adolescents, primarily due to social and environmental factors. Weak family supervision, peer pressure, and a lack of education in schools are the main causes of the increased risk of students being exposed to drugs.[7]

Drug abuse among students remains a serious public health and education issue in Indonesia. Adolescents are a vulnerable group due to their self-exploration phase, environmental pressures, and immature brain development, making them susceptible to risky behavior. The WHO states that adolescence is characterized by an imbalance between

[5] Badan Narkotika Nasional Republik Indonesia, *Indonesia Drugs Report 2023: Survei Prevalensi Penyalahgunaan Narkoba di Indonesia Tahun 2023* (Jakarta: BNN RI, 2024).

[6] Republik Indonesia. *Undang-Undang Nomor 35 Tahun 2009 tentang Narkotika*. Lembaran Negara Republik Indonesia Tahun 2009 Nomor 143. https://peraturan.bpk.go.id/details/38776/uu-no-35- tahun-2009

[7] Dwi Suryani, "Pengaruh Lingkungan Sosial terhadap Perilaku Penyalahgunaan Narkoba pada Remaja," *Jurnal Psikologi dan Sosial Remaja* 12, no. 1 (2023): 45–53.

the rapidly developing limbic system and the still-maturing prefrontal cortex, making students more susceptible to curiosity and peer pressure.[8]

In Indonesia, BNN data from the past three years shows that student involvement in drug abuse has not decreased significantly. Nationally, more than 312,000 students were recorded as drug abusers in 2023, and eastern Indonesia, including Maluku, shows a worrying trend. In Maluku Province, the Maluku BNN reported 16 cases in 2021, increasing to 18 cases in 2022, and again to 19 cases in 2023, with a total of 21 suspects, mostly in their teens to early twenties. While this figure may seem small in absolute terms, in proportion to Maluku's population, this trend indicates increasing exposure to drug trafficking networks.

This phenomenon is inseparable from several social and environmental factors. Unhealthy social environments, weak family supervision, and the presence of at-risk groups in large cities like Ambon make students more susceptible to exposure. Internal factors such as identity crises, the need for social acceptance, and a strong sense of curiosity serve as the initial entry points for students to try addictive substances. External factors such as increasingly easy access, the distribution of drugs through social media, and a weak culture of communication within families also exacerbate this vulnerability.[9]

Drug abuse is also inextricably linked to the educational environment. Schools are often the first place where teenagers acquire misinformation about drugs. The lack of structured education about the dangers of drugs, the limited curriculum that builds resilience, and the uneven distribution of P4GN (Prevention and Eradication of Drug Abuse and Illicit Trafficking) programs contribute to poor drug literacy at the junior and senior high school levels.

In Maluku itself, geographical challenges and limited distribution of educational programs mean that drug prevention outreach programs do not reach all schools, especially junior high schools. The Maluku National Narcotics Agency's (BNN) P4GN program primarily targets senior high schools (SMA/SMK), while private schools in downtown Ambon, such as Kristen Kalam Kudus Junior High School, receive relatively little direct counseling. This leaves junior high school students more vulnerable because they lack an adequate understanding of the dangers of drugs, particularly regarding their health impacts, addiction risks, and legal implications.

It is in this context that the outreach activities conducted by the first wave of Indonesian Red Cross (PMI) students from Unpatti LII in Ambon City become relevant. These activities strategically serve to bridge the educational gap in schools that have not yet been touched by drug prevention programs, while simultaneously strengthening the campus's role as an educational agent for the community. Interventions such as outreach have proven effective in increasing student knowledge, improving risk perception, and building moral resistance to the negative influences of social interactions.

This general study confirms that drug abuse among students is a multidimensional problem that impacts not only health but also character development, learning motivation, and the future of the younger generation. Therefore, school counseling is a relevant, affordable, and directly impactful step in building awareness from an early age.

[8] World Health Organization, *Adolescent Substance Use: Risk Factors and Health Impact* (Geneva: WHO, 2022).

[9] Rizky Rinaldi, "Strategi Pendidikan Pencegahan Narkoba di Kalangan Pelajar Melalui Program Sekolah Bersih Narkoba," *Jurnal Pendidikan Karakter* 14, no. 2 (2023): 88–97

B. The impact of drugs on health

The health effects of drugs are complex and include physical damage, mental disorders, and long-term effects that can threaten the user's life and quality of life. Drugs can damage various vital organs such as the liver, kidneys, lungs, and heart. Continuous drug use increases the risk of infectious diseases, including HIV/AIDS and hepatitis, particularly through shared needles. Drug-induced liver damage can lead to fatal liver failure. Cocaine or amphetamine use can damage the heart and blood vessels, increasing the risk of heart attack, stroke, and heart failure. Drugs also irritate the lungs and increase the risk of chronic bronchitis and respiratory infections. Furthermore, drugs suppress the immune system, making the body more susceptible to various diseases. Other physical effects include impaired coordination and balance, and the risk of overdose, which can be fatal.

Drugs cause serious emotional and mental disorders, such as anxiety, depression, mood disorders, psychosis, and hallucinations. Drug users are at risk of personality changes, making it difficult to engage in normal social interactions. Long-term use also negatively impacts the brain's cognitive functions, such as diminished thinking, communication, and memory. Furthermore, drugs can trigger or exacerbate mental disorders such as bipolar disorder and schizophrenia. Drug addiction creates severe psychological dependence, which further worsens the user's mental health.

Long-term drug use can cause permanent brain damage due to changes in nerve cells and interneuron communication. Drugs overwork the brain and depress the central nervous system, resulting in an imbalance in brain function. Furthermore, drug addiction reduces quality of life and triggers severe physical and mental effects, including insomnia, severe depression, impaired concentration, and even death.

Drug abuse has very serious health impacts on adolescents, especially because this age group is still in the biological and psychological developmental stages. Medically, drug use in adolescents has the potential to cause permanent impairments to bodily functions, particularly the central nervous system. According to the Indonesian Ministry of Health, exposure to addictive substances such as methamphetamine, synthetic marijuana, and sedatives can disrupt neurotransmitter transmission, which plays a role in regulating concentration, decision-making, and emotional control. Damage to the dopamine and serotonin pathways can lead to mood disorders, behavioral changes, and decreased logical thinking skills.[10]

Furthermore, the WHO confirms that adolescents who use drugs are at high risk of cognitive impairment, such as poor short-term memory, difficulty focusing, and decreased learning ability. Long-term drug use can inhibit the development of the prefrontal cortex, the part of the brain responsible for self-control and risk assessment. Damage to this area leads to impulsive behavior, decreased moral awareness, and an inability to make rational decisions under social pressure.[11]

Physically, drugs can affect the cardiovascular and respiratory systems. The use of stimulants like methamphetamine can drastically increase heart rate and blood pressure, increasing the risk of stroke and heart attack in young people. Meanwhile, inhalants and synthetic marijuana can cause chronic respiratory problems, lung irritation, and even

[10] Kementerian Kesehatan Republik Indonesia, *Profil Kesehatan Indonesia 2023* (Jakarta: Kemenkes RI, 2024).
[11] World Health Organization, *Adolescent Substance Use: Risk Factors and Health Impact* (Geneva: WHO, 2022).

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respiratory failure in some cases.[12] The use of syringes for certain types of drugs also increases the risk of transmitting HIV/AIDS and hepatitis B/C.

Mental health impacts are also a major concern. Teenage drug users are susceptible to anxiety disorders, depression, paranoia, and even substance-induced psychosis—a condition in which users experience hallucinations or delusions due to the effects of drugs on the brain. One study showed that adolescent drug users are more likely to experience severe anxiety disorders than non-users. This condition is often accompanied by social isolation, drastic behavioral changes, and decreased motivation to attend school.[13]

Other health problems include addiction, tolerance, and withdrawal symptoms. Dependence causes users to continually require higher doses to achieve the same effect, increasing the risk of overdose. Withdrawal symptoms such as tremors, nausea, severe depression, and sleep disturbances often lead users to return to drugs to relieve these discomforts.[14]

Overall, the health impacts of drug abuse on adolescents are multidimensional and can impact their long-term development. Damage to brain function, physical, psychological, and social well-being makes drug abuse a serious threat to young people. Therefore, educationbased interventions, particularly through school counseling, are a crucial strategy to prevent adolescents from being exposed to drugs at an early age.

C. Drug Prevention Efforts through Education in Schools

Schools are the most strategic environment for strengthening adolescents' moral, social, and intellectual resilience against drug abuse. As primary learning spaces where students spend most of their developmental years, schools function not only as academic institutions but also as preventive ecosystems that shape discipline, self-control, and healthy decision-making. In Indonesia, the National Narcotics Agency (BNN), in collaboration with the Ministry of Education, Culture, Research, and Technology, has launched the national P4GN (Prevention and Eradication of Drug Abuse and Illicit Trafficking) program, which emphasizes schoolbased interventions. These efforts include awareness campaigns, integration of drug abuse prevention materials into Pancasila Education, Counseling Guidance, and Citizenship subjects, as well as training for teachers on early detection of risky student behavior.

In the context of Maluku, school-based prevention programs have gained increasing relevance due to the rising number of drug abuse cases among adolescents in recent years. Initiatives such as the Anti-Drug Family Resilience program, peer-led discussions, and counseling sessions in junior and senior high schools serve as concrete examples of early educational interventions. These activities aim to empower students with knowledge about drug dangers, strengthen refusal skills, and promote critical thinking so students can recognize and avoid high-risk environments. Schools that actively collaborate with BNN and local community leaders also tend to demonstrate stronger preventive cultures, as they are able to mobilize a broader network of support involving teachers, parents, and youth organizations.

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[12] Nugroho, Aditya Prabowo. "Neurobiological Effects of Drug Abuse on Adolescent Brain Development," *International Journal of Neuropsychology* 15, no. 1 (2021): 55–70.

[13] Marlina, Siti. "Gangguan Kesehatan Mental pada Remaja Pengguna NAPZA," *Jurnal Psikiatri Klinis Indonesia* 5, no. 2 (2020): 89–101.

[14] United Nations Office on Drugs and Crime, *World Drug Report 2023* (Vienna: UNODC, 2023).

Furthermore, school-based prevention is reinforced through the creation of anti-drug task forces, routine assemblies addressing health issues, extracurricular activities promoting positive youth development, and classroom discussions facilitated by trained educators. By combining cognitive understanding with character education, these programs help adolescents develop internal resistance—not only the ability to say no, but also the motivation to maintain a healthy lifestyle and support peers who may be vulnerable. Ultimately, strengthening prevention through education provides a long-term strategy for reducing the risk of drug exposure among students and fostering safer learning environments across Maluku.

Participatory outreach models in schools are more effective than one-way campaigns because they allow for two-way interaction between facilitators and participants. Students can openly share their experiences, perceptions, and even doubts, making the educational process more meaningful. With this approach, outreach activities not only provide information but also foster critical thinking skills and a moral responsibility to reject drugs.[15]

D. Results of the Implementation of Counseling at Kristen Kalam Kudus Middle School, Ambon

A drug abuse prevention outreach activity was held on October 25, 2025, at Kalam Kudus Christian Middle School, Ambon. This activity was held as part of the Community Service Program (KKN) of Pattimura University Ambon students, which aims to educate students about the dangers of drug abuse and build awareness of the importance of healthy living and integrity from an early age.

Participants in the activity consisted of ninth-grade students, with full support from the principal, guidance counselor, and several other teaching staff. The two-hour event took place in the school hall and proceeded in an orderly and interactive manner. In the initial session, the implementing team presented material on the definition of drugs, types of addictive substances, the impact of drug abuse on students' health, social well-being, and future, as well as preventive measures. The material was delivered through an interactive lecture method accompanied by audiovisual media such as presentation slides and short educational videos.

Throughout the event, participants demonstrated high levels of enthusiasm. Many students actively asked questions, answered the presenter's questions, and responded to the case studies presented. Several participants also shared their personal experiences and perspectives on adolescent social interactions that could potentially lead to drug abuse. This interaction shows that a participatory approach is more effective in instilling understanding than one-way delivery.

The school responded positively to this activity. According to the guidance and counseling teacher, this outreach program significantly strengthened the school's efforts to provide character education and instill the values of a healthy, drug-free lifestyle. The school also hopes that similar activities can be held regularly, not only at Kristen Kalam Kudus Middle School but also at other schools in Ambon City.

[15] Rinaldi, Rizky. "Strategi Pendidikan Pencegahan Narkoba di Kalangan Pelajar Melalui Program Sekolah Bersih Narkoba," *Jurnal Pendidikan Karakter* 14, no. 2 (2023): 88–97.



Figure 2. Documentation of Socialization Activities.

Through this outreach activity, students gained a better understanding of the dangers of drug abuse and the importance of protecting themselves from negative influences from their social environment. The enthusiasm of the participants and the support of the school demonstrated that this activity had a positive impact in raising students' awareness of the importance of healthy living and integrity. This activity also strengthened the partnership between students from Pattimura University Ambon and Kristen Kalam Kudus Middle School Ambon, demonstrating a real synergy in efforts to prevent drug abuse among the younger generation.

CONCLUSION

Drug abuse among students is a complex social problem that requires serious attention from all elements of society. Based on data and research, adolescents are the most vulnerable group due to environmental factors, social pressure, and a lack of education about the dangers of drugs. Conditions in Maluku demonstrate that prevention efforts have not been optimal, despite increased outreach activities conducted by the National Narcotics Agency (BNN) and schools. The outreach activities conducted at Kalam Kudus Christian Middle School in Ambon demonstrated that legal and moral awareness-based education within the school environment can have a real positive impact. Students not only gained an understanding of the dangers of drugs and their legal sanctions, but were also motivated to adopt healthy behaviors, avoid risky environments, and reject all forms of drug abuse. Thus, education and counseling in schools need to be implemented sustainably and synergized with the role of families and government institutions. Cross-sector collaboration is key to building student resilience against the influence of drugs and creating a healthy, intelligent, and integrated young generation in Maluku. sektor menjadi kunci untuk membangun ketahanan pelajar terhadap pengaruh narkoba dan mewujudkan generasi muda Maluku yang sehat, cerdas, dan berintegritas.

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